

Seasoned Coating for Meat, Fish, & Poultry



(Store in refrigerator and use within 1 month)

- 2 cups fine bread crumbs
- 1 teaspoon poultry seasoning
- ½ cup flour
- ½ teaspoon pepper
- 1 tablespoon paprika
- 2 tablespoons butter

Combine all dry ingredients. Cut in butter thoroughly. Store whole recipe in a tightly covered container in the refrigerator or measure out $\frac{3}{4}$ cup mix at a time and store in either sealed plastic bags or small airtight containers in the refrigerator.

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Nutrition Facts

4 servings per container

Serving size 3/4 cup (81g)

Amount per serving

Calories **330**

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1g 5%

Trans Fat 1.5g

Cholesterol 0mg 0%

Sodium 450mg 20%

Total Carbohydrate 50g 18%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 90mg 6%

Iron 4mg 20%

Potassium 98mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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